



Your Growing Child

Photos/Notes Page

Your Growing Child

Each baby has his or her own personality. Watch, listen, hold, talk, and play with your baby. Pay attention. Parents and children teach each other.

When a child's needs are met, he will develop a sense of trust. A child must feel safe in his world to feel secure. A child who feels safe will learn and grow by trying new things. Your child's doctor or nurse can always help you with questions about your growing child.

This section has:

- A place to write down when your child does things for the first time
 - What to do if you are concerned
 - Sections for each well-child visit to the doctor or nurse
 - ➔ What your child may be able to do at each age
 - ➔ What you can do to help your child
 - ➔ Things to do together
 - ➔ A place to write memories
 - ➔ Common concerns
 - ➔ What to expect at each visit
 - ➔ Questions to ask your doctor or nurse
 - ➔ A place to write down things you want to remember
 - What your child needs to start school
 - A place to write down other health information about your child
- See pages 116-119.

For the Very First Time

My child:	Date	Age
Smiles		
Laughs		
Coos		
Rolls over		
Holds a toy		
Responds to his or her name		
Sits alone		
First tooth		
Crawls		
Pulls up to stand		
Stands alone		
First word:		
Walks holding on		
Puts two words together		
Waves “bye-bye”		
Walks alone		
Scribbles		
Drinks from a cup		

My child:	Date	Age
Sings a song		
Eats with a spoon		
Can answer "What is your name?"		
Reads first picture book		
Names shapes: circle, square, triangle		
Names colors: red, blue, yellow		
Counts to five		
Names people in pictures		
Walks upstairs without help		
Builds a block tower		
Dresses self		
Pedals a tricycle		
Draws shapes		
Washes hands and face		
Brushes teeth		
First day of school		
Loses baby tooth		

Concerns about Your Child's Development

If you have concerns about your baby's development, talk to your doctor or nurse. You can also call the Early Intervention (E.I.) Program. E.I. is a statewide program for children from birth to age 3. They can help evaluate your child's development at no cost to you. Transportation is available.

Children may be eligible for Early Intervention services who:

- Were born premature
- Show feeding, vision, or hearing problems
- Have difficulty sitting, standing, walking, or talking
- Have difficulty doing things for themselves
- Show behavior or attention problems
- May be at risk because of where they live
- Were born with a disability or health condition that affects development

Early Intervention helps parents understand their child's developmental needs and teaches them ways to help their child grow. In addition to evaluations, services include:

- Home visits
- Parent-child groups
- Parent support groups
- Group and individual sessions to meet educational goals
- Toddler groups
- Parent education
- Referrals

A Healthy Baby Needs Primary Care

Primary care is the regular health care your child gets from a doctor or nurse. A **well-child visit** is a regular visit to a doctor or nurse when your child is healthy. Well-child visits help to keep your child healthy by preventing problems or treating them right away.

What is a primary care provider?

Your primary care provider may be a:

- *Pediatrician*—a doctor who cares for children and adolescents
- *Family Physician*—a doctor who cares for people of all ages
- *Nurse Practitioner*—a nurse who cares for children or whole families
- *Physician Assistant*—a provider who cares for children or whole families

Your primary care provider will:

- Provide regular check-ups, immunizations, and tests
- Follow your child's growth and development
- Give you suggestions for keeping your child healthy and safe
- Treat your child when he is sick
- Refer you to specialists, benefits, or services

Talking with Your Child's Primary Care Provider

You know your child better than anyone else. Your child's doctor or nurse needs your help to give your child the best care. It is your provider's job to listen to your concerns and to answer your questions. **It is your job to speak up for your child.**

If you want more information, **ask your provider.** No question is silly or dumb. If you do not understand something, ask your provider to explain it to you. Your child's doctor or nurse will not know that you have a question unless you ask it. It can be helpful to write down questions ahead of time. Some doctors have a special call-in time each day to answer questions.

Information about your family may help your doctor or nurse care for your child. He or she will keep this information confidential. Tell your provider about:

- Your health
- Your family's health
- Concerns about:
 - ➔ Discipline and behavior
 - ➔ Drug and alcohol use
 - ➔ Physical, emotional, and sexual abuse
 - ➔ Stress, separation, loss, or trauma
- Any visits to hospitals, emergency rooms, or other doctors
- Anything else you feel is important

Family Health History

It may be important to tell your baby’s doctor or nurse about your family’s health. If you have an adopted or foster child, you may not have this information. Write down as much as you know from the adoption agency or birth parents.

List the family members (parents, brothers and sisters, grandparents, aunts, and uncles) who have had any of the following:

Family Member	Family Member
Allergy	Hepatitis
Anemias	High blood pressure
Arthritis	Immune disorders
Asthma	Learning problems
Cancer	Metabolic disorders
Cystic Fibrosis	Rh disease
Depression/ Mental illness	Tuberculosis
Diabetes	Other conditions requiring medicine or treatment:
Eczema	
Epilepsy/Seizures	
Genetic disorders	
Glaucoma	
Hearing disorders	
Heart disease	
Hemophilia	

Other conditions you may want to talk about with your child’s doctor or nurse include smoking, alcohol, and drug use.

Recommended Schedule for Well-Child Visits



In the first year of life, your child should have a well-child check-up at 1-2 weeks, 2, 4, 6, 9 months and one year. After that, take your child at 15 and 18 months, and once a year from ages 2-21. Your doctor or insurance plan may recommend a different schedule.

Immunizations are part of many well-child visits. By age 2, your child should be immunized against these diseases:

- Diphtheria
- Haemophilus influenzae type B (Hib)
- Hepatitis B
- Influenza (flu)
- Measles
- Mumps
- Pertussis
- Pneumococcal disease
- Polio
- Rubella
- Tetanus
- Varicella (chickenpox)

Always remember to bring your baby's immunization record!

One Week to Two Weeks

Your Baby May:

- Look at your face
- Respond to your voice and other sounds
- Hold your finger
- Suck on her hand
- Sleep more during the day than at night

Things to Do Together:

- Hold and cuddle your baby
- Sing and talk to her
- Watch how she responds to your eyes and your voice
- Stroke and massage her

Memories

Write down things you would like to remember about your baby.

What You Can Do:

- Rest when your baby sleeps
- Keep your baby safe when washing her
- Make sure your baby's crib is safe
- Hold your baby so she can see your face
- Keep your baby protected from extreme weather

Common Concerns

Crying

Crying is one way babies communicate. All babies cry—some cry more than others. It is common for babies to have a fussy time in the evening. Babies often cry the most around six weeks old. If your baby seems to be in pain, call your doctor or nurse. Never shake your baby.

Holding your baby will not spoil her. Your baby will learn that someone cares about her. The following things may help calm your baby.

- Cuddle, comfort, or rock her
- Talk and sing to your baby
- Feed her
- Burp your baby
- Carry her in a baby carrier—the kind you wear in front
- Change her diaper
- Take her for a ride in the stroller or car
- Walk with your baby
- Play soothing music
- Swaddle or wrap her in a blanket
- Swing or bounce her gently
- Let her suck on a pacifier or finger

It is normal to feel stressed when a baby is crying. Know when you are beginning to feel anxious. Have some ideas planned for when this happens. For more ways to cope with crying, see page 63.

One to Two Week Check-Up

Your doctor or nurse may talk about:

- How your baby is growing
- Getting enough support at home
- How you are feeling about the baby
- How to take a temperature
- How to know if your baby is getting enough to eat
- Colic and ways to calm a fussy baby

Questions some parents ask:

- What does it mean when my baby is crying?
- How do I know if my baby is sick?
- Should I do anything about my baby's dry skin?
- When can I take my baby on a trip?

Your Questions:

One to Two Week Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: _____
weeks

Weight: _____ pounds _____ ounces

Length: _____ inches

Head size: _____ inches

Things I want to remember about this visit:



Next visit: ____/____/____
month day year time

One Month

Your Baby May:

- Recognize familiar voices
- Lift his head briefly
- Cry when hungry, cold, wet, or lonely
- Stay awake for more than one hour
- Move arms and legs around
- Coo
- Look at faces and follow them with his eyes

Things to Do Together:

- Use your baby's name when you talk to him
- Talk and sing to your baby
- Carry him around with you
- When your baby coos, talk back to him
- Give your baby lots of hugs and smiles

What You Can Do:

- Accept help from others
- Schedule your own postpartum check-up
- Learn ways to cope with your baby's crying

Memories



Common Concerns

Coping with Crying

Most of the time holding your baby or speaking to him will comfort him. If nothing works and you start to feel out of control — take a break, even if it means leaving the baby to cry for a few minutes. Put the baby in a safe place, like the crib, and go to another room. Put on some music, turn on the television, or take a shower. Check your baby every five minutes. For help at any time, call the Parental Stress Line at 1-800-632-8188.

Shaking a baby will NOT stop the crying. Babies' brains are very fragile. Shaking can cause brain damage, blindness, and death. Whatever you do, **never hit or shake your baby.**

If your baby cries a lot, try to get help from friends and family. Ask them to watch the baby while you take a break. You can ask your baby's doctor or nurse about crying. They will have other helpful ideas. Do not feel guilty about asking for help. You and your baby will be glad you did.

Your baby will cry less as he gets older — it will not last forever. For more information on crying see page 59.

One Month Check-Up

Your doctor or nurse may talk about:

- Your baby's weight gain
- How to protect your baby from the sun
- Keeping your baby away from tobacco smoke
- How you feel about the changes in your family

Questions some parents ask:

- When should I call the doctor if I am concerned about my baby?
- What can I do when my baby will not stop crying?
- Should my baby have vitamin supplements?

Your Questions:

One Month Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: _____
weeks

Weight: _____ pounds _____ ounces

Length: _____ inches

Head size: _____ inches

Immunizations:* _____

Other health screenings: _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Two Months

Your Baby May:

- Make gurgling and sighing sounds
- Smile back when you smile
- Grasp toys
- Lift head and turn head to one side
- Turn body from side to back

What You Can Do:

- Give her a safe, light rattle to hold
- Take an infant CPR class
- Continue to support your baby's head
- Lie her on her stomach when she is awake to develop movement skills
- Do not hold hot liquids while holding her
- Try to fit exercise into your schedule

Things to Do Together:

- Put her close to you in an infant seat. Do not put the infant seat on a bed or soft surface, where it may turn over.
- Greet your baby with a smile and her name. Talk to her about what you are doing and seeing. Copy and repeat the sounds she makes.
- Read to your baby.
- Begin a bedtime routine such as a bath, a story, a song, and going into the crib.
- Play with different things she can touch: a stuffed animal, a wooden block, a metal spoon.

Memories

Common Concerns

What Kinds of Toys Are Good for a Baby?

Many low-cost toys and household objects will be fun for your baby. She may enjoy:

- Brightly colored mobiles or pictures placed out of reach
- Soft, light, sturdy rattles
- Cloth or vinyl picture books
- A mirror that cannot break
- Washable dolls and stuffed animals without loose parts

Babies like to put everything in their mouths. It is very easy for a baby to choke on small things. Check toys to make sure they are safe. Look for loose parts or sharp objects. Do not let your baby have a rubber balloon. Balloons are the toy that babies choke on the most. The shiny (mylar) balloons are okay.

To find out if a toy is too small:

- Drop it into an empty toilet paper tube.
- If it is small enough to fall through the tube, it could cause choking.
- Do not let your baby play with any toys that are too small.

For more information on preventing choking, see pages 150-151.

Two Month Check-Up

Your doctor or nurse may talk about:

- Possible reactions to the shots your baby gets
- How your baby is growing
- How your other children are reacting to the new baby
- The right temperature for your baby's room

Questions some parents ask:

- How should I talk to my baby?
- How do I find child care when I need it?
- How often and how much should my baby be eating?
- Is it okay to follow advice from family and friends?

Your Questions:



Two Month Check-Up

Date of visit: ____/____/____ _____
 month day year doctor or nurse

My child's age: _____
 months

Weight: _____ pounds _____ ounces

Length: _____ inches

Head size: _____ inches

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____ _____
 month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Four Months

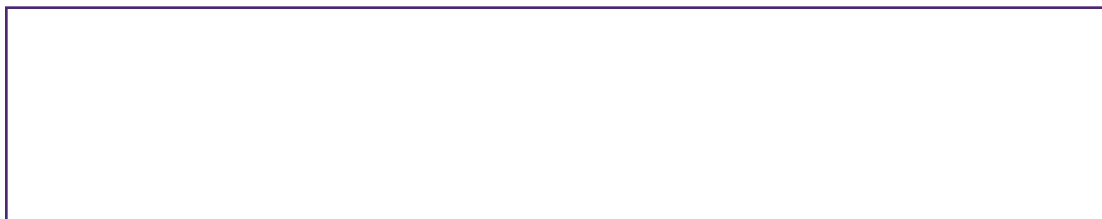
Your Baby May:

- Lift his head and chest
- Roll over
- Laugh and squeal with delight
- Hold hands open
- Bring hands together and hands to mouth
- Drool
- Reach for a toy

Things to Do Together:

- Hold his favorite toys close in front of him. Let him practice reaching.
- Help your baby get used to other adults, like a babysitter, friends, and family. Let others hold and talk to him.
- Read nursery rhymes and sing songs.
- Ask your baby questions, such as “Would you like to go for a walk?”

Memories



What You Can Do:

- Check smoke detectors
- Listen to your baby and copy his sounds
- Talk to him during feeding and dressing
- Keep your baby's clothes and blankets loose enough for moving in new ways
- Try to take a break each day and do something for yourself

Common Concerns

Warning about Baby Walkers



Baby walkers can be dangerous. More babies get hurt in baby walkers than any other baby product. Many injuries are caused by babies falling down the stairs or tipping over. Think about using a newer activity center that looks like a walker, but has **no wheels**. Your baby can stand, bounce, look around, and stay safe.

Walkers are not recommended, but if you use a walker make sure to:

- **Remove the wheels so your baby cannot move around**
- **Never leave your baby by himself in a walker**
- **Block off stairways and close doors**
- **Keep the walker away from uneven floors or carpet edges**
- **Never use a walker in rooms with hanging appliance cords, ovens, ironing boards, space heaters, or fireplaces**

Four Month Check-Up

Your doctor or nurse may talk about:

- Possible reactions to the shots your baby gets
- Not giving bottles in bed
- Sleeping patterns
- Setting routines for your baby
- Making eye contact with your baby
- Introducing solid food

Questions some parents ask:

- What does drooling mean?
- How do I know if my baby is hearing?
- When will my baby start to get teeth?
- What should I feed my baby?

Your Questions:

Four Month Check-Up

Date of visit: ____/____/____ _____
 month day year doctor or nurse

My child's age: _____
 months

Weight: _____ pounds _____ ounces

Height: _____ inches

Head size: _____ inches

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____ _____
 month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Six Months

Your Baby May:

- Know her own name
- Push up onto hands while on stomach
- Sit and balance for a short time
- Stretch out her arms to be picked up
- Try to put her feet in her mouth

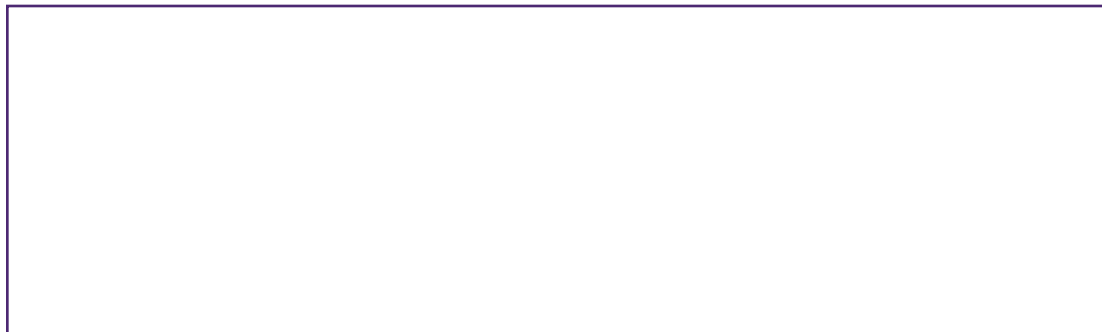
What You Can Do:

- Use your baby's name often
- Offer your baby breastmilk, formula, water, or some juice in a cup
- Do something nice for yourself, such as call a friend or go to a movie

Things to Do Together:

- Play peek-a-boo.
- Go out together often. Name people, animals, and things you see.
- Offer your baby toys from above, behind, or below. Encourage her to stretch, turn, and crawl.

Memories



Common Concerns

Childproofing – Making Sure Your Home Is Safe

- ☐ Cover all electrical outlets.
- ☐ Keep all cords, sharp knives, and scissors out of reach.
- ☐ Put safety latches or locks on all cabinets and drawers with dangerous things, such as cleaning products, alcohol and drugs, medicines and vitamins, and make-up.
- ☐ Make sure your home is lead-free. See pages 136-137.
- ☐ Put gates on all stairways.
- ☐ Keep doors to the bathroom, other stairs, and outside closed tightly.
- ☐ Make sure the hot water temperature in your home is under 120°F.
- ☐ Make sure there is nothing that she can pull down, such as tablecloths, pots, electrical cords.
- ☐ Bolt bookcases, dressers, and cabinets to the wall.
- ☐ Keep all rubber balloons, small and sharp toys, and plastic bags away from your baby.
- ☐ If you own a gun, keep it unloaded and locked up. Lock up bullets in a separate place.
- ☐ Install window guards at all windows above the first floor. See page 146.
- ☐ Install smoke and carbon monoxide alarms. See pages 139 and 148.
- ☐ Put emergency numbers next to your phone, including the Poison Control Center, 1-800-222-1222.
- ☐ Keep first aid supplies on hand.

When you take your child to other places, they may not be childproof. You will need to watch her extra carefully. To keep your child safe:

- **Make sure your child is in a safe space.**
- **Make sure a trusted adult is always with your child.**

Six Month Check-Up

Your doctor or nurse may talk about:

- Protecting your baby from falls, choking, and poisonings
- Teething
- Checking for lead in the home
- Your baby's personality
- Fear of strangers
- Flouride supplements for your baby

Questions some parents ask:

- When will my baby sit up or crawl?
- Does my baby need to eat at night?
- Does my baby need to wear shoes?
- Should my baby be sleeping through the night?

Your Questions:

Six Month Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
months

Weight: ____ pounds ____ ounces

Height: ____ inches

Head size: ____ inches

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Nine Months

Your Baby May:

- Get up on his hands and knees
- Crawl or move by scooting on his belly
- Be attached to a special blanket or toy
- Move a toy from hand to hand
- Be afraid when away from you
- Drop or bang toys to see what happens
- Put everything in his mouth
- Look at picture books
- Pull to a standing position
- Wave bye-bye

What You Can Do:

- Name the things your baby squeals for—say “crackers,” as you hand them to him
- Allow your baby to feed himself with his fingers and make a mess
- Keep daily routines simple
- Let your baby give you a toy
- Provide lots of safe space for exploring
- Get together with other parents and children
- Take older children someplace special
- Go to a parenting class

Memories



Common Concerns

Activities to Do Together

Your baby is now ready to take an active role in exploring his world.

- Roll a ball to your baby.
- Sing and dance with your baby to all kinds of music.
- Look through a magazine or picture book, pointing at and naming the objects you see—baby, dog, car, flowers, and so on. Your baby will enjoy looking at colorful pictures and learning new words.
- Let your child play with small pots and pans, strainers, spoons, and plastic measuring cups.
- Play “pouring and dumping games.” Your child may like emptying a box or bucket. Outdoors, use a bucket or cup with sand or water. Indoors, use water in the bathtub, or small blocks or other things that are too big to choke on. At first, your child may not be ready to put things back. This can become part of the game as he gets older.



Nine Month Check-Up

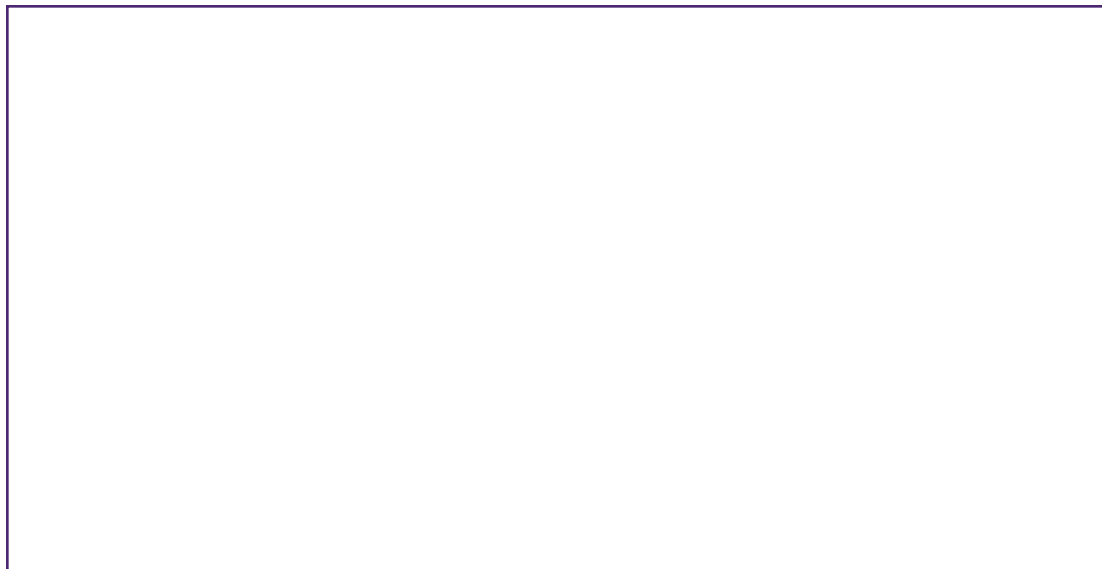
Your doctor or nurse may talk about:

- Keeping the Poison Control number by the phone
- Feeding new foods
- Mealtimes
- Giving your baby extra iron if needed
- Testing for lead poisoning

Questions some parents ask:

- What are good toys for my baby?
- How can I help my child feel better when I am leaving?
- Should I brush my baby's teeth?

Your Questions:



Nine Month Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
months

Weight: ____ pounds ____ ounces

Height: ____ inches

Number of teeth: ____

Immunizations:* _____

Lead screening: _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

One Year

Your Baby May:

- Take a few steps alone
- Repeat behavior that gets attention
- Drink from a cup
- Pick up small things
- Point with her finger
- Try to climb stairs

What You Can Do:

- Keep a regular naptime and bedtime routine
- Praise her
- Test smoke detectors
- Give her chances to play alone and with others

Things to Do Together:

- Help your baby to touch your eyes, nose, and mouth with her hands. Name each body part.
- Look for stories with animal pictures. Make animal sounds: moo, oink, quack, and meow.
- Play hand games like pat-a-cake and peek-a-boo.
- Let the baby sit with the family during meals.
- Put on music and dance with your baby.

Memories



Common Concerns

Helping Your Baby Learn Words

Your baby will start saying simple words such as “mama” and “dada.” In time, she will point and name people and things. Then she will say two or more words together. These are her first sentences. The two most important things are:

Talk to your baby.

Read to your baby.

- When she says a word or sound, repeat it back to her.
- When sounds happen around the house, talk about them. “I hear the telephone ringing.”
- Tell her what you are doing. “I am buckling your safety belt.”
- Label things. “Look at the brown dog.”
- Use picture books and magazines. Tell stories or point out people doing everyday things. “The family is eating pizza.”
- Ask questions. “Do you want more apricots?”
- When she points to something, encourage her to say the word. “Do you want the **cookie** or the **cup**?” Repeat the word as you give it to her.
- Avoid baby talk.
- It is okay to use two languages in your home. Babies do not get confused.

One Year Check-Up

Your doctor or nurse may talk about:

- Ear infections
- Your child's daily routine
- Using whole milk
- Keeping your child away from smoke
- Changing to a toddler safety seat in the car
- Preventing injuries

Questions some parents ask:

- How can I be sure my child is safe at the pool or beach?
- How can I get my baby to listen to me?
- How do I help my child learn words?
- What can I do if my child is constipated?

Your Questions:

One Year Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds ____ ounces

Height: ____ inches

Number of teeth: ____

Tuberculosis test: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Fifteen Months

Your Toddler May:

- Eat with a spoon
- Copy other people
- Listen to a story
- Like to pull or push toys
- Say “No,” as a way to feel independent
- Point to things he wants
- Mark paper with crayons

Things to Do Together:

- Hold and cuddle your toddler—tell him you love him.
- Sing songs with hand movements such as “Itsy-Bitsy Spider.”
- Name feelings: sad, scared, happy, angry.
- Practice going up and down stairs, staying close by.
- Take short walks. Be careful near dogs, driveways, and streets.
- Let him touch a wet towel, a rough tree, a soft blanket. Go outside to feel rain, snow, grass, and bricks. Name the different feelings.
- Introduce him to other children.

Memories

What You Can Do:

- Use the same rules all the time
- Use the right size car seat
- Be honest—say what you mean
- Respect when he says “No”
- Cut hood strings out of clothes to prevent choking
- Tell your toddler when you are happy with his behavior

Common Concerns

Growing Independence

As your toddler grows, he will want to try lots of things for himself. This is a necessary part of growing up. He is excited about the world. He wants to find out all about it.

As a parent, your job is to make safe places for him to explore. Imagine how he feels — happy when things go his way, unhappy when they do not. Give him a chance to do things for himself. Let him make his own mistakes. This is the way he will learn. You can offer to show him how to do it or to help.

When you need him to do something, give yourself plenty of time. Toddlers go at their own pace.

- Prepare him to finish what he is doing. Tell him: “It will be time for your bath in a few minutes.” Remind him again.
- Give him simple choices when possible. “You can wash your hands in the bathroom or in the kitchen.”
- Do not ask questions that can give answers you do not want. “Will you clean up your toys now?”

There will be times when children cannot do what they want to do. These times might turn into **temper tantrums**—a toddler’s way to show frustration or anger. For more information about dealing with tantrums, see page 180.

Fifteen Month Check-Up

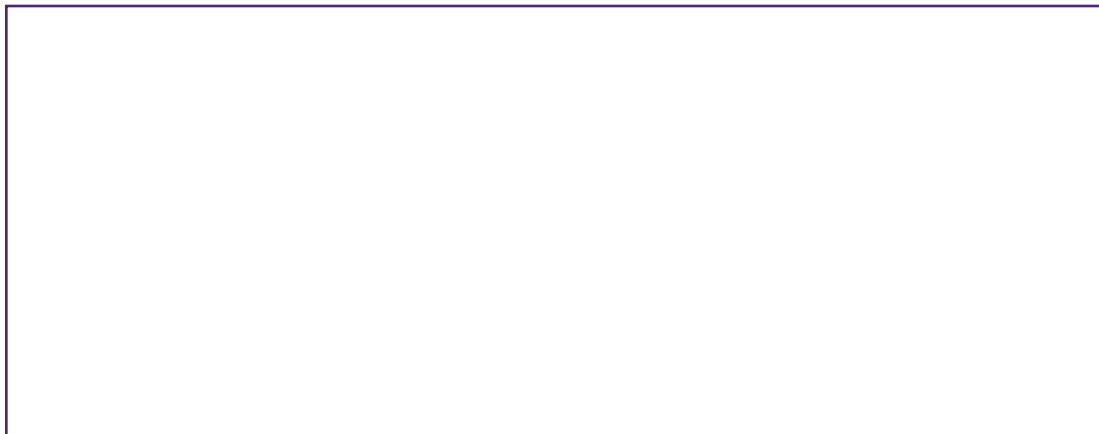
Your doctor or nurse may talk about:

- Reading to your child
- Communicating honestly with your child
- What you can expect your child to be able to do
- Showing your child how to resolve conflicts without hitting
- Teaching your child to cope with disappointments
- Joining a play group

Questions some parents ask:

- What should I do when my child says “No”?
- When can I begin teaching my child to use the toilet?
- How can I help my child to be more calm?

Your Questions:



Fifteen Month Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds ____ ounces

Height: ____ inches

Number of teeth: ____

Tuberculosis test: (if not done at one year) ____

Blood screening: ____

Immunizations:* ____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Eighteen Months

Your Toddler May:

- Say 15-20 words
- Use 2 or 3 words together
- Look at pictures and name things
- Throw a ball
- Follow simple directions
- Listen to a story
- Give hugs and kisses

Things to Do Together:

- Take short family trips—to a zoo, an aquarium, or a children's museum.
- Do simple chores together. Have her put clothes in the laundry basket or put away boxes of cereal or paper towels.
- Encourage make-believe. Pretend cooking with pots and pans or use old clothes for dress-up.
- Let her explore safe places. Let her try new activities.

What You Can Do:

- Discuss rules with family members
- Give her 2 simple choices—
“Do you want milk or juice?”
- Brush your child's teeth
- Get a potty
- Do not expect her to share her toys
- Get non-toxic paint, clay, crayons, and markers for your child

Memories

Common Concerns

Activities to Do with Your Toddler

Young children learn by playing. You and your child can:

- **Make homemade clay.** Mix 3 cups flour, 1 cup salt, 3 tablespoons oil, and about 1 cup of water with your hands. Add food coloring. Add more water until the dough is soft and smooth. After using, keep in a container with a lid in the refrigerator. It will last a few weeks.
- **Make giant blocks.** Your child can color paper grocery bags. Stuff the bags with crumpled newspaper. Fold the opening down to make a box shape. Tape it shut.
- **Make bubble solution.** Mix 4 cups water, 1/2 cup liquid dish detergent, and a tablespoonful of corn syrup.
- **Make finger paint.** Mix 1/2 cup cornstarch and 1 cup cold water. Pour into 3 cups boiling water. Keep boiling water away from your child. Stir until shiny. DO NOT ALLOW HER TO PLAY WITH IT UNTIL COOL. Add food coloring. Finger paint on trays or special shiny paper.

Eighteen Month Check-Up

Your doctor or nurse may talk about:

- Giving up the bottle and pacifier
- Letting your child make choices
- Limiting TV watching
- Napping
- Feeding your child healthy foods

Questions some parents ask:

- Is it normal for my child not to share toys?
- How do I set rules that are right for my child?
- Is my child getting enough to eat?

Your Questions:

Eighteen Month Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds ____ ounces

Height: ____ inches

Blood screening: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Two Years

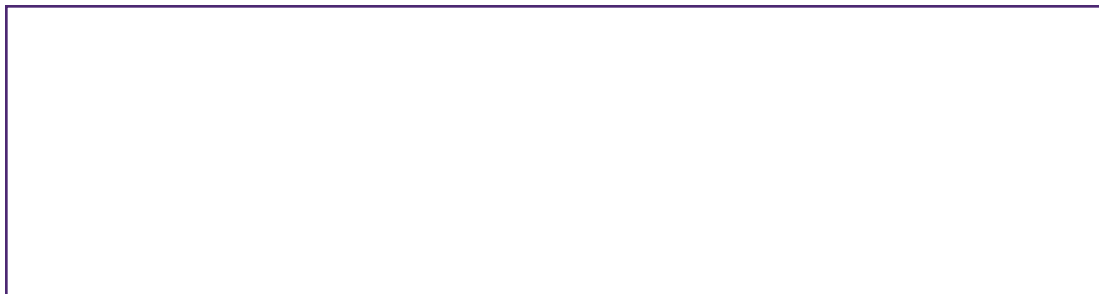
Your Toddler May:

- Go up and down stairs one at a time
- Kick a ball
- Want to do more things without help
- String large beads
- Begin to dress and bathe himself
- Be ready for toilet training

Things to Do Together:

- Sorting things is fun. Cut or tear out magazine pictures. Sort the pictures into groups. “Let’s make a pile for big things and another one for little things.” Ask questions about the pictures.
- Help your child find ways to calm down—give him simple, quiet things to do, such as coloring, reading, or playing with clay or puzzles.

Memories



What You Can Do:

- Show interest in his activities
- Expect him to play beside others more than *with* them
- Help your child use words to express feelings
- Expect him to be frustrated when things do not go his way
- Try not to say “no” all the time
- Find out about preschool programs and Head Start

Common Concerns

How Do I Know if My Child Is Ready for Toilet Training?

Sooner or later your child will be ready to use the potty or toilet. You cannot make him ready. Your job is to watch for signs that it might be the right time. Being ready means several things. Your child may be ready when he or she:

- Stays dry for at least 2 hours at a time, or wakes up dry after naps
- Follows simple directions
- Has bowel movements that come at about the same time each day
- Lets you know by words or sounds that he is about to have a bowel movement
- Is uncomfortable in dirty diapers
- Can pull his pants on and off
- Shows an interest

Toilet training is something your child will do when he is ready. Talk with your doctor or nurse for help. There are also books and videos for you and your child to look at. Be sure that your child learns to wash his hands after using the toilet.

Toilet training can be slow. Problems come when parents feel that training is not happening fast enough. Let the child set the pace. Be patient.

Two Year Check-Up

Your doctor or nurse may talk about:

- Vision and hearing
- Masturbation
- Choosing TV shows, movies, and games that are okay
- Your family's health habits
- Choosing a preschool program or Head Start

Questions some parents ask:

- How can I encourage good behavior?
- What can I do when my child is having a tantrum?
- When should my child see the dentist?

Your Questions:

Two Year Check-Up

Date of visit: ____/____/____ _____
 month day year doctor or nurse

My child's age: _____ _____
 years months

Weight: _____ pounds

Height: _____ inches

Tuberculosis test: _____

Blood test: _____

Hearing screening: _____

Vision screening: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____ _____
 month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Three Years

Your Child May:

- Know her name and age
- Draw shapes
- Dress herself
- Ask “Why?” a lot
- Pedal a tricycle
- Play with others
- Play make-believe

What You Can Do:

- Use praise often
- Make a dentist appointment for your child
- Go to story hours and children’s museums
- Be patient when she asks “Why?”
- Give a simple answer
- Teach your child to use a bike helmet
- Use correct words for body parts
- Go to the local library; get her a library card

Things to Do Together:

Try out clean and safe playgrounds. Look for ones with:

- Soft surfaces
- Rubber or canvas swings
- Climbers with more than one way to climb up and down
- Slides no higher than five feet
- Platforms with guardrails
- No peeling or chipping paint
- No spaces for fingers and hands to be pinched

Memories

Common Concerns

Make-Believe

A new kind of thinking develops in most three-year olds—imagination. Play gives many chances to use imagination. Your child can pretend to be a parent, a bear, or a baby. She can imagine that a shoe is a car, a telephone, or a bottle. Pretend play helps learning.

Your child may have an imaginary friend. This friend can do the things a child dreams about. Imaginary friends are common. Do not be concerned. Respect your child's privacy. Imaginary friends give your child a safe way to try out who she wants to be.

An active imagination is healthy, even when it includes changing the truth. A make-believe story might begin as a way for your child to feel safe. Your child is trying to take care of things the best way she knows how. Try to understand what is happening and respect her feelings. If you react harshly, your child could become fearful.

Three Year Check-Up

Your doctor or nurse may talk about:

- Toilet training
- Giving your child some choices and control
- Using a booster seat in the car
- Your child's speech
- Changes or stresses in your family

Questions some parents ask:

- Is it okay if my child enjoys playing indoors more than playing outside?
- What can I do about my child's fears?
- Is it okay for my child to masturbate?

Your Questions:

Three Year Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds

Height: ____ inches

Vision screening: _____

Hearing screening: _____

Speech development: _____

Blood pressure screening: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Four Years

Your Child May:

- Understand that other people have feelings, too
- Make friends
- Show a sense of humor
- Brush teeth with help
- Test limits
- Make up rhymes

What You Can Do:

- Teach your child how to express feelings with words
- Provide safety scissors, paper, crayons, and glue for artwork
- Limit TV to one hour a day, or less
- Ask about his daily activities
- Sign up your child for school

Things to Do Together:

- Talk to your child about protecting himself. He should never go with strangers. He should tell a trusted adult if anyone touches him in an uncomfortable way.
- After your child watches a TV program, talk to him about it. Ask him what part he liked best.
- Teach your child that different people come from different cultures. Go to festivals and celebrations in your community.

Memories



Common Concerns

Helping Your Child Feel Good about Himself

Self-esteem or self-image means how we feel about ourselves. It is important for your child to feel that he is loved and wanted. Children with high self-esteem often:

- Do better in school
- Cooperate well with others
- Know how to show their emotions
- Form friendships more easily
- Make healthier decisions

*Take time to be with your child
Tell your child that he has the right to strong feelings
Find ways for your child to succeed
Praise his successes and encourage him for trying
Avoid name-calling or labeling
Teach him about his family traditions and culture
Give hugs and affection
Treat your child the way you want to be treated—with respect*

Four Year Check-Up

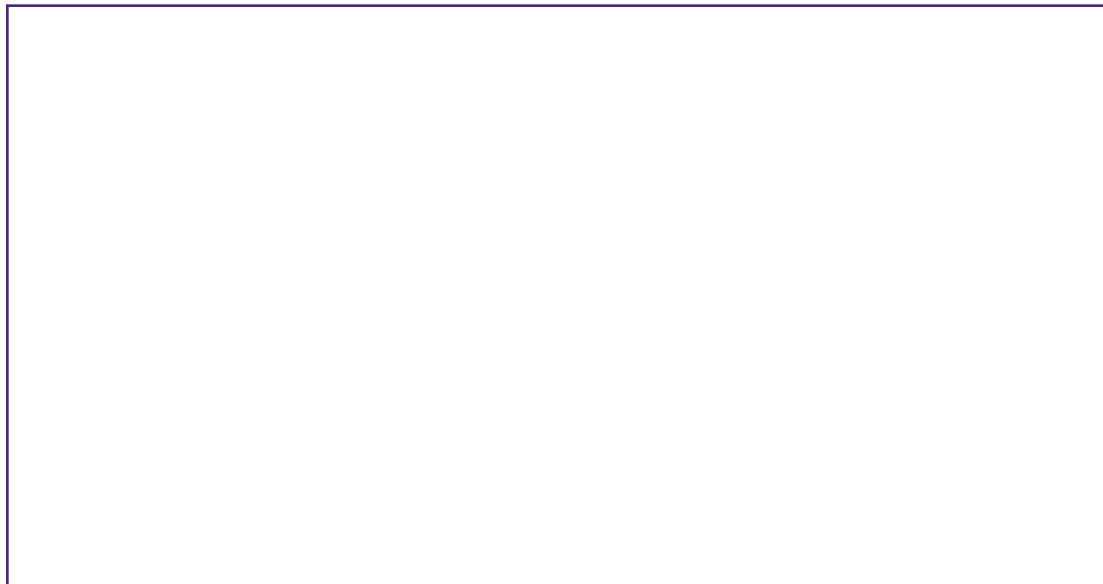
Your doctor or nurse may talk about:

- Being ready for school
- Teaching your child about strangers
- How well people understand your child's speech
- Dental cavities
- What your child likes to do

Questions some parents ask:

- How can I get my child to stop using bad words?
- Is it okay to let my child play at someone else's house?
- What should I do if my child sucks his thumb?

Your Questions:



Four Year Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds

Height: ____ inches

Vision screening: _____

Hearing screening: _____

Blood pressure screening: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Five Years


Your Child May:

- Choose her own friends
- Know her address and phone number
- Play simple board games
- Draw a person
- Recognize letters and numbers
- Be left- or right-handed
- Skip, skate, jump rope

Things to Do Together:

- Bike ride, ice skate, roller skate with the right clothes and safety equipment. Always wear a helmet.
- Make books. Ask her to tell you a story. Write it down in her own words. Ask her to add pictures.
- Practice counting things in your home. Count the chairs, pillows, mirrors, or toothbrushes.
- Prepare her for starting school. Read books about going to school. Visit the new school together. Ask her how she feels about it.

Memories



What You Can Do:

- Exercise with your child
- Give her time to adjust to her new school
- Read for your own enjoyment
- Speak with her teachers often
- Ask your child about her day
- Get involved with school activities

Common Concerns

Getting Ready for School

Before your child starts school, most learning happens during play. Being ready for school is more than knowing letters and numbers. Children need to feel secure at school and being with others.

- Encourage her to do lots of different things
- Give her chances to be away from you
- Encourage her to dress and use the bathroom herself
- Let her take care of her own things
- Teach basic safety rules such as crossing streets, riding buses, and playing safely
- Encourage her to say what she needs and wants
- Give her chances to play with others, take turns, and share toys
- Let her do things on her own
- Encourage her to finish tasks

All children are different—even children from the same family. School is a place for your child to keep growing—at her own pace. If she feels good about herself and with others, she will learn.

Five Year Check-Up

Your doctor or nurse may talk about:

- How your child is growing
- Concerns about your child's personal safety
- Wearing a seat belt in the car
- What happens in your family when there are disagreements

Questions some parents ask:

- How can I help my shy child when she starts school?
- How much sleep should my child be getting?
- What chores can I give my child to do at home?

Your Questions:

Five Year Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds

Height: ____ inches

Tuberculosis test: _____

Immunizations: * _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Six Years

Your Child May:

- Do regular chores
- Read some words
- Play games with rules
- Start a hobby
- Have a “best” friend
- Be more patient
- Talk about feelings more clearly

What You Can Do:

- Give your child simple jobs
- Get to know your child’s friends and their families
- Provide a quiet place for him to read, write, draw, and do homework
- Make sure he is in a safe place after school
- Give praise for a job well done

Things to Do Together:

- Teach your child how to answer the telephone. Make sure he does not tell strangers who is home and who is not. Teach him to dial 911 in an emergency.
- Find out about local teams, classes, and recreational groups. Visit them. Try out new activities before joining.

Memories



Common Concerns

Physical Activity

Children love moving around. Exercise will help shape your child's body and his sense of self. It gives your child coordination and balance, strength, speed, flexibility, and an awareness of himself in space. If he is part of a group, he will learn cooperation and responsibility for others.

As your child gets older, he may become more social, more coordinated, and better able to follow rules. He may want to take lessons or join organized sports. Dancing classes, biking and hiking groups, or neighborhood basketball can all offer him a chance to develop physically.

Some children prefer group activities such as soccer, basketball, or baseball. Others like individual ones such as tennis, dance, gymnastics, or swimming. Your child may try several activities before he finds the one he most enjoys. It may not be the activity he is best at or the one you imagined for him. Having fun is what counts.

See page 159 for information on preventing sports injuries.

Six Year Check-Up

Your doctor or nurse may talk about:

- How your child likes school
- How much exercise your child gets every day
- Your child's friendships
- Healthy meals and snacks

Questions some parents ask:

- What can I do to help my child do well in school?
- How should I talk about sex with my child?
- What can I do if my child's teacher says he has trouble sitting still?

Your Questions:

Six Year Check-Up

Date of visit: ____/____/____
month day year doctor or nurse

My child's age: ____
years months

Weight: ____ pounds

Height: ____ inches

Blood pressure screening: _____

Other screenings: _____

Immunizations:* _____

Things I want to remember about this visit:

Next visit: ____/____/____
month day year time

* Schedules may vary. Your doctor or nurse will make recommendations.

Keeping Your Child Healthy at School

The school nurse is a partner in keeping your child healthy and ready to learn. It is important for the school to have information about your child's health.

You will need to give the following to the school:

1. A record of a **physical examination** no more than six months before school starts. Your doctor or nurse can give you a written record of the exam to give to the school. Or, you can get a copy of the Massachusetts School Health Record form from the school nurse and ask your provider to fill it out.
2. A **record of your child's immunizations**—you can use the Massachusetts Lifetime Immunization Record, if it is up-to-date.
3. Proof that your child has been **tested for lead poisoning**.
4. Your telephone numbers, the numbers of another person to contact in case of an emergency, the name of your child's doctor or nurse, and the name of your health insurance plan.
5. If your doctor or nurse thinks that your child might be **at risk** for Tuberculosis (TB), a test will be done to check for TB. These results will be reported to the school nurse.

If your child has a special health care need, it is important to meet with the school nurse before your child enters school. Together you can develop a health care plan for your child, called an “Individualized Health Care Plan.” This way your child’s health needs can be taken care of during the school day.

There are special procedures if your child needs medicine or treatments at school. The school nurse cannot give your child any medicines or treatments without your consent and a doctor’s order.

If your child seems to be having trouble in school, talk to your child’s teacher and doctor or nurse. There are many things that can be done to help your child. Your family, the school, and your doctor or nurse can work together to make the best plan for your child.



Important Medical Information

Use the next four pages to write down health information about your child.

ALLERGIC REACTIONS

Date	Problem	Medicine or Treatment	Name of Doctor or Hospital

SERIOUS ILLNESSES

Date	Illness	Treatment	Name of Doctor or Hospital

CHRONIC MEDICAL PROBLEMS

Date	Problem	Medicine or Treatment	Name of Doctor or Hospital

HOSPITALIZATIONS

Date	Reason	Name of Doctor or Hospital

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